



Child and Adolescent Health Specialists, PC

223 Chief Justice Cushing Highway, Suite 201

Cohasset, MA 02025

Phone 781.383.8380

Fax 781.930.1791

www.childhealthspecialists.com

Guidelines for School Attendance when your Child has Flu-Like Symptoms

The main symptoms of influenza (flu) include **fever with a cough and/or sore throat**. Some people may also have a runny or stuffy nose, body aches, headache, chills, and fatigue. Some people (especially with the H1N1 flu) may also experience vomiting and diarrhea.

The most important thing that you can do to keep the flu from spreading in the community is to keep your child at home when he/she is sick. Use the following checklist questions to determine when you should keep your sick child home and when you can allow him/her to return to school.

SHOULD I KEEP MY CHILD HOME FROM SCHOOL?

Has your child had a fever of 100.4 degrees or more in the past 24 hours?

Yes No

Does your child have a cough OR sore throat?

Yes No

If you answered **YES** to **BOTH** of the above questions, your child has an influenza-like illness and **you should keep your child home**.

CAN MY CHILD RETURN TO SCHOOL?

Has your child had a fever of 100.4 degrees or more in the past 24 hours?

Yes No

Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?

Yes No

If you answered **NO** to **BOTH** of the above questions, **your child CAN return to school**.

If you answered **YES** to at least **one** of the above questions, **your child CANNOT return to school**. Keep your child at home for at least another day to observe for additional symptoms, then use the checklist questions again to decide whether you should continue to keep your child home from school.